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THE MAINE SANATORIUM.—Plans for the Maine Sanatorium for Consumptives are progressing. Land has recently been purchased, and it is hoped that the construction of cottages may be begun in the spring. The purchase, near Hebron, includes one hundred acres of arable land and four hundred and fifty acres of woodland and pasture. Dr. Estes Nichols, the chief inspector in Northern Maine for the State Board of Health, has recently been appointed managing physician. In regard to the plans for the sanatorium Dr. Nichols writes: "We intend to carry out the prevailing sanatorium open-air treatment. It is to be a State institution, but we expect to receive patients from all the New England States and probably from many others. It is to be a free institution as far as possible, but we may have to charge all patients a small amount at first because we have not the funds that we need to carry out our plans. We also expect to have several cottages where we can care for those who can well afford to pay, but the two departments will be kept entirely separate. We are depending on the donations of charitable persons, and so far we are having good returns."

(To be continued.)

THE ADVISABILITY OF POST-GRADUATE WORK*

By ROSE Z. VAN VORT

Graduate Old Dominion Hospital, Richmond, Va., and of Philadelphia Orthopædic Hospital, in Massage, Swedish Movements, and Electricity

A LITTLE learning is a dangerous thing—yea, a thousand times so when applied to the nursing world. Is there a single one of us who does not remember the day when her first call was received? Need I recall that momentous occasion when, "standing with reluctant feet," we waited at the door to be admitted into the house of our first private call?

Need I recall how, in the still watches of the night, we wished for our professional adviser? How we wished that every household were blessed with an interne? And did we not feel wholly incompetent—feel as though we had had only a preliminary training? And preliminary it was indeed. What great resolutions we made, each one of us, to add to our training by a post-graduate course! But procrastination, that thief of time, cautiously creeping on, has overtaken us, and we find ourselves to-day with less ambition and with no more equipment than on that day.

* Paper read at meeting of Virginia State Nurses.

According to the old song,—

“ Could a man be secure
That his days would endure,
As of old, for a thousand long years,
What things might he know,
What deeds might he do,
And all without hurry or care!”

But we, that have but “span-long lives,” must be up and doing.

Never before in the history of nursing has a post course been more necessary. To meet the requirements of the educational standards as devised by the State Boards, training-schools are beginning to wake up and are revolutionizing the nursing world. A six-months' preliminary training for probationers is being added to the nurses' course by our leading schools.

More thorough knowledge is required in anatomy, physiology, hygiene, urinalysis, chemistry, etc., and more subjects are being introduced, in consequence of which we, the old graduates, will in a few years be weighed in the balance and found wanting.

Now that the State Board is an assured thing, this timely subject gives us much food for thought and reflection. Recognizing the necessity, glorious opportunities are gradually unfolding themselves. What greater opportunities could one desire than a general post course at the Presbyterian Hospital in Chicago, with such a magnificent leader as Helena McMillan, B.A.? Which one of you is satisfied with your training in contagious and infectious diseases, with your maternity work as approved by the highest authorities; with your medical work, in which so many new treatments are being advanced and applied; with your surgical work, on which depends so much of the surgeon's success? And your work in the insane and nervous wards—was it satisfactory, and did it meet all requirements as to electricity, massage, Swedish movements, and medical gymnastics, to which neurologists over the entire country have given so much thought in recent years?

Hospitals for children's diseases, in which we are most deficient, offer many inducements, with a value received in the form of a vast amount of experience.

Let us, the graduate nurses of the old Commonwealth of Virginia, not wait to be led on, but let us lead others; let us be the pioneers in this new movement; let us keep up, side by side, with the future graduates, and let us individually be an honor to the community, to the profession, to the State Society of Nurses, to our Alma Mater, and to our Maker. Let us carry within our hearts a banner on which is engraved,—

“ Do thy duty, do thy best,
Leave unto thy God the rest.”